

# 2010 Beaufort County Profile

## Nutrition, Physical Activity, and Obesity

Adults	Beaufort County	SC*	US*	HP 2010**
Obese <sup>1</sup>	16.5%	30.3%	27.7%	15%
Not meeting physical activity recommendation <sup>2</sup>	44.6%	54.6%	49.4%	50%
Not meeting fruit and vegetable recommendation <sup>3</sup>	80.3%	82.6%	76.6%	N/A

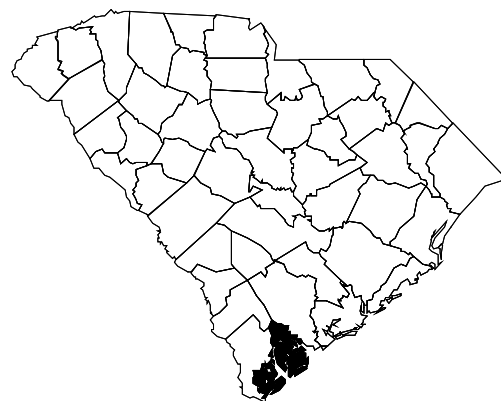
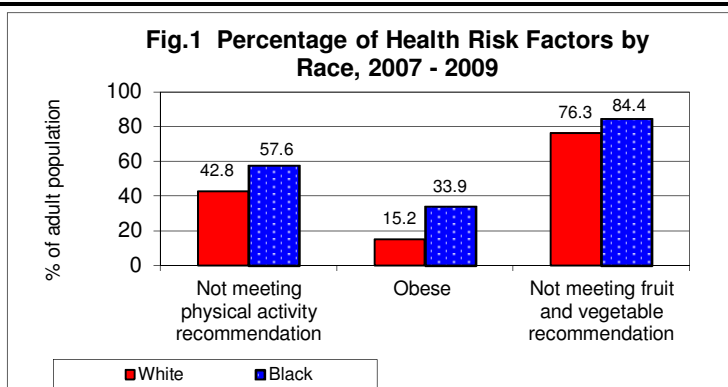
Source: 2009 South Carolina Behavioral Risk Factor Surveillance System (BRFSS)

Adolescents	Beaufort County	SC	US	HP 2010**
Obese <sup>1</sup> (HS)	N/A	16.7%	12.0%	5%
Did not attend physical education class daily	N/A	83.2%	66.7%	50%
Not meeting fruit and vegetable recommendation <sup>3</sup>	N/A	85.3%	77.7%	N/A

Source: 2009 South Carolina High School Youth Risk Behavior Survey (YRBS)

N/A - Data were not available

Local Level Data	Beaufort County	SC	US	HP 2010**
Low-income preschool obesity rate (2009) <sup>4</sup>	11.6%	11.4%	14.0%	N/A
Number of farmer's markets (2010) <sup>4</sup>	5	93	6176	N/A
Number of Farm to School Programs (2009) <sup>4</sup>	0	1	193	N/A



Source: 2009 South Carolina Behavioral Risk Factor Surveillance System (BRFSS)

## 2010 County Highlights

- ♦ Beaufort County School Board adopted the Vending and Competitive Foods Nutritional guidelines as Administrative Rule for the District in Spring 2010; foods sold on campus must meet specific nutritional
- ♦ Eat Smart Move More (ESMM) - Low Country held its Third Annual Teachers Wellness Conference which had over 200 participants from the Jasper County and Beaufort County School Districts.
- ♦ ESMM - Low Country members assisted the Wellness Champions at each school in Beaufort County complete the CDC's School Health Index for their school for the 2009 - 2010 school year with plans to repeat as ongoing evaluation each school year forward.

## Where and how changes can be made in all counties:

Community:	Construct new trails or greenways, construct bike lanes, create farmer's markets, increase cropland acreage harvested for fruit and vegetables
Schools:	Implement a Safe Routes to School program, participate in a fruit and vegetable program, incorporate physical and nutrition education into the curriculum
Worksite:	Implement a healthy eating policy, establish a breastfeeding-friendly worksite,
Child Care:	Limit sedentary time for children, establish a school garden, participate in "Fresh on Campus" program

<sup>1</sup>The Centers for Disease Control (CDC) defines overweight as having a body mass index (BMI) between 25 (lbs./in<sup>2</sup>). and 29.9 (lbs./in<sup>2</sup>). Obesity is defined as having a BMI greater than 30 (lbs./in<sup>2</sup>). For children age 2 to 20 years old, CDC has developed a definition of overweight and obesity based on the 2000 CDC growth charts for age and sex. Children and youth who are between the 85th and 95th percentiles are considered overweight; children and youth who exceed the 95th percentile on these charts are considered obese.

<sup>2</sup>The physical activity recommendation says that adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity or a combination of the moderate and vigorous-intensity physical activity.

<sup>3</sup> Recommended fruit and vegetable consumption is 2+ fruits and 3+ vegetables daily.

<sup>4</sup> Food Environment Atlas: <http://maps.ers.usda.gov/FoodAtlas/foodenv5.aspx>

\*Obese and not meeting recommended physical activity data are age-adjusted

\*\* *Healthy People* provides science-based, 10-year national objectives for improving the health of all Americans. *Healthy People* has established benchmarks for these objectives and monitored progress over time. [www.healthypeople.gov](http://www.healthypeople.gov)

Obesity can lead to such health risks as elevated cholesterol, diabetes, high blood pressure, sleep apnea, orthopedic complications, and mental health problems.

#### **For More Information about Nutrition, Physical Activity, and Obesity:**

Division of Nutrition, Physical Activity and Obesity:

DHEC Bureau of Community Health and Chronic Disease Prevention

<http://www.scdhec.gov/health/chcdp/obesity/>



For more ideas on what you can do to make changes in your community go to Eat Smart Move More SC

[www.eatsmartmovemore.org/options-for-action/](http://www.eatsmartmovemore.org/options-for-action/)

**Generated by: DNPAO, Bureau of Community Health and Chronic Disease Prevention**

[http://www.scdhec.gov/hs/epidata/state\\_reports.htm](http://www.scdhec.gov/hs/epidata/state_reports.htm)

Updated: April 2011

